

# Pre-Appointment Guide

Before visiting us there are some simple steps you can take to ensure that your visit is a great success:

1. Have a restful night's sleep before your dental visit.
2. Try not to rush around and do a day's work in a couple of hours before your visit.
3. Eat meals at their normal times.
4. Limit caffeine intake as much as possible.
5. Brush and Floss your teeth.
6. Arrive at your appointment on time or earlier.
7. Talk to Dr. Fasano about any experiences with anesthetics as well as any other concerns you might have.

By following these simple steps you can help us to maximize your visit, thanks and see you soon!